

# VIRGINIA'S NEW RIVER TRAIL CHALLENGE

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## ***2004 NRTC RULES & GUIDELINES***

### ***INDIVIDUAL COMPETITION***

Male and Female individuals can compete in the New River Trail Challenge provided they are at least 18 years of age on race day. Awards will be given for both the Top 3 overall finisher Male and Female and the top 3 finishers in the following age groups. (18-29, 30-39, 40-49, 50 & up)

### ***TEAM COMPETITION***

Competitors can enter teams as (Male, Female, Mixed, Senior Male, Senior Female, Senior Mixed (any gender mix for mixed competition). Teams and awards for team competition in the New River Trail Challenge are set up as 4 person teams. The competition will consist of 4 stages. The stages are biking, canoeing, 2 stages of running (7.2 & 5.9 miles each). If a team chooses to have only 3 members with one person completing the entire running stage this is acceptable as long as one of the three members is a female for the mixed division. Competitors who choose to use three-person or two-person teams must understand they are competing **EQUALLY** with 4 person teams for the team awards. Awards will be given to the top 3 teams in each of the divisions listed above.

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## ***(STAGE # 1) 40-MILE MOUNTAIN BIKE RIDE***

**8:00 A.M. - FRIES, VA.**

### ***REQUIREMENTS:***

1. Participants must check in at the Race headquarters between 6:30 a.m.- 7:30 a.m.
2. **A shuttle will be available for Individual competitors only from the transition area at Fosters Falls. All individuals are encouraged to leave their vehicles at the transition area beginning at 5:00am. A shuttle will leave at 6:00am to take individual competitors and their bikes to the starting line at Fries.**
2. Riders must be at the starting line no later than 7:45 a.m.
3. A mandatory pre-race meeting for all riders prior to the start will take place at 7:45 a.m. at the starting line.
4. **TIME RESTRICTION - ALL BIKE RIDERS MUST BE AT THE FOSTER FALLS CANOE TRANSITION BY 12:30p.m. OR TEAMS AND INDIVIDUALS WILL NOT BE ALLOWED TO CONTINUE THE RACE. THIS IS A SAFETY PRECAUTION TO INSURE ALL CANOES WILL BE OFF THE WATER IN TIME FOR PARTICIPANTS TO FINISH THE RACE BEFORE DARK.**
5. Riders are required to provide and **WEAR** a safety helmet the entire ride.

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6. Race numbers must be visible on the back of the rider's jersey. Race numbers must also be displayed on the front of each participant's bike.
7. Riders must go through the Cliffview checkpoint during the ride. Failure to do so will result in disqualification of the individual or team.
8. Bikes can be any type of road racing or mountain bikes. The only restriction is bikes must be powered by the rider themselves. (No motorized versions of bikes are allowed)  
(Mountain bikes are a strong recommendation due to the uneven and rough surface of the New River Trail. The course is a cinder/gravel/rock surface the entire race.
9. Riders must obey all road crossing signs. Vehicles always have the right of way at crossings use caution when approaching and crossing these areas.
10. All bikers must go through the bike/canoe checkpoint for each team and individual to be accounted for as they proceed

#### **RECOMMENDATIONS:**

1. Carry extra water bottles/snacks on the bike due to the length of the race. Aid-stations are available along the course if needed.
2. Keep a spare tire repair kit and pump on the bike. Flat tires are a real possibility along the course due to the cinders/grovels/rocks.

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### ***(STAGE # 2) 12-MILE CANOEING***

#### ***TRANSITION AREA - FOSTER FALLS, VA.***

#### **REQUIREMENTS:**

1. All participants must provide and **WEAR** coast guard approved P.F.D. Type II (Personal Floatation Devices) while participating in the event.
2. River rescue personnel will sweep behind the last canoe to assist anyone who may encounter problems during the race.
3. Participants can choose to use either single or double-paddles.
4. Team members must be at the transition area no later than 9:00 a.m.
6. A mandatory pre-race meeting for all canoeists will take place at 9:30 a.m.
7. Race numbers must be visible on the team member – either on the PFD or elsewhere.
8. Race numbers must be visible on both sides of competitor canoes.
9. Any type of canoes can be used for competition except for the following restrictions.  
No Kayaks will be allowed or hybrid canoe/kayaks. The only size restrictions are canoes must be at least 13.6 feet long and no longer than 18.6 feet in length.
10. Only **1 person** will be allowed in each canoe to compete in the canoe stage of the team competition.
11. All bikers must pass through the checkpoint at the transition area for the canoe stage of the competition for each team to be accounted for before they proceed.

#### **RECOMMENDATIONS:**

1. It is highly recommended that canoeist carry an extra waters bottle/snacks with them during the float especially if they are canoeing as individuals because of the extended length of the float. A Water aid-station will be available below the Route 100 bridge during the canoe stage. Canoeist can also choose to take whatever fluid/snack they wish to bring with them for the float. Water bottles will be provided in the transition area.

## ***(STAGE # 3) - 13.1 MILE RUN (Half-Marathon) & 7.2 & 5.9 MILE TEAM STAGES***

### ***TRANSITION AREA # 1 - Allsonia, Va.***

**Race Transition Area for individual competitors (13.1mile Run)  
1st Stage of the (7.2 mile) Team Competition Run**

### ***TRANSITION AREA # 2 - Lone Ash, Va.***

**2nd Stage of the (5.9 mile) Team Competition Run**

### ***REQUIREMENTS:***

1. Team runners must be at the Foster Falls transition area no later than 10:30 a.m. for a shuttle to the transition area at Allsonia.
2. A mandatory pre-race meeting for all runners will take place at 11:00a.m. at Allsonia team runners competing on the second running leg of the team competition should be at their transition area at Lone Ash by 11:30a.m. 2nd stage team runners must ride the shuttle to the Lone Ash area as soon as the 1st stage runners are dropped off.
3. Race numbers must be visible on the front of the team runners jersey.
4. Runners must also obey all road crossing signs. Vehicles always have the right-of-way at crossings, always use caution when approaching and crossing these areas.
5. All team runners must go through the checkpoint of each run transition area for each team to be accounted for as they proceed.

### ***RECOMMENDATIONS:***

1. Runners may also choose to carry an extra water bottle with them during the run especially if they are running as individuals. Race aid-stations are available along the course if needed.
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### ***RACE SHUTTLES***

All individual competitors are urged to bring a support crew with them to the competition. Team competitors in the running stages will be shuttled from Foster Falls area to the Allsonia and Lone Ash transition areas and shuttled back. A shuttle will be available for canoes at Allsonia to take canoes back to the Foster Falls access area.

### ***RESTROOMS & PORTA-JOHNS***

Available at the Starting line Fries, Fries Junction, Cliffview checkpoint, Buck Dam, Ivanhoe, Indian Branch, Foster Falls, Allsonia, and Lone Ash.

### ***WATER AID-STATIONS***

We recommend carrying any extra fluids with you during the competition. Water aid stations will be available at the Starting Line, Cliffview checkpoint, Fries Junction and all transition areas. Run Stages - Water aid stations will be provided every 2.5 to 3 miles of the running stage.

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